



UCOOK

Tangy Pesto & Chickpea Toast

with crispy onion bits & sun-dried tomato

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	1138kJ	3043kJ
Energy	272kcal	728kcal
Protein	7.4g	19.9g
Carbs	31g	85g
of which sugars	3.6g	9.7g
Fibre	2.9g	7.8g
Fat	12.7g	34.1g
of which saturated	4.4g	11.9g
Sodium	384mg	1032mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Bread
60g	120g	Chickpeas <i>drain & rinse</i>
70ml	140ml	Pesto Crème <i>(30ml [60ml] Pesto Princess Basil Pesto & 40ml [80ml] Crème Fraîche)</i>
10g	20g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. START WITH SOURDOUGH** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. CHICKPEA & PESTO CREME** In a bowl, smash the chickpeas with a fork until chunky. Combine with the pesto crème and seasoning.
- 3. SAVOURY SARMIE** Top the toast with the green leaves and the creamy chickpea & pesto mix. Scatter over the sun-dried tomato (to taste) and the crispy onions. Dig in, Chef!